American Legion Presents Flag to AMS

Michael Weiss, representing the American Legion Post 104, Appomattox, is shown presenting the American Flag to the Appomattox Middle School. Accepting the flag for the school is school principal, Mrs. Hezetine Foster.

CANCER Answer line

American Cancer Society

A regular feature, prepared by the American Cancer Society, to help save your life from cancer.

A woman asks: "If cervical cancer is found early, must a patient have surgery or is there another form of treatment?"

ANSWERline: Early or precancerous stages of cervical cancer can often be treated by means other than surgery. These include cryotherapy, in which extreme cold is used to destroy cancerous tissue, Electrocoagulation, another way to destroy cancerous tissue, uses an opposite tactic, extreme heat. Cervical cancer is the most common form of uterine cancer. It can easily be detected in an early, precancerous stage, if a woman has regular Pap tests on a schedule suggested by her physician or clinic. Treated in this stage, cervical cancer is one of the most curable forms of cancer.

An automobile dealer writes: "When I was a teenager I had some x-ray treatments for acne. I understand that this is now thought to have been dangerous to me. Please explain."

ANSWERline: Beginning in the 1920's and continuing for over 25 years, it was a practice to use x-ray to treat a wide variety of head and neck conditions including acne. It was later discovered that a very small percentage of people who had received x-ray treatments developed tumors of the thyroid gland, which is located in the neck. Fortunately, most of these tumors are harmless. Even when they are cancerous, they usually remain limited to the neck for many years and can be successfully treated. Rather than being "in danger" you are "at risk" of developing thyroid problems. For this reason, you should schedule a medical checkup soon and explain your history to the physician. He or she will perform an examination and suggest any further tests if they are necessary. You will have to continue under medical surveillance for several years as a precaution because if cancer does develop, it is important to find it early. If ever you notice a lump or a mass in your neck you should report it to a physician. Please remember that only a very small number of people who received x-ray treatments years ago will ever develop thyroid cancer. But by being alert to the risk factor, you will be safeguarding your health.

A female college student asks: "Is it true that most women find breast cancer by themselves? Is this by chance or by practicing breast self-examination?"

ANSWERline: More than 90 percent of breast cancers are discovered by women themselves, often through breast self-examination. However, while more women are performing "BSE" than ever before, not all women do. Many fail to perform this important examination on a monthly bases. Breast self-examination teaches a woman the normal architecture and texture of her breasts so that if a change — a lump or swelling or skin thickening occurs — she will recognize it. Furthermore, she will have detected that change when it first became apparent rather than months later. The chance of successful control of breast cancer is best when the disease is diagnosed and treated in an early stage. Although women of your age rarely get breast cancer, now is the time for you to learn BSE and make it a lifetime health habit. Your local American Cancer Society Unit has a free leaflet of instructions and will be glad to answer any other questions you may have.

Moving Can Affect Your Income Tax

Did you know that several billion dollars will be spent in 1979 to relocate the one out of every six American families that are expected to move due to job changes or transfers?

Experts at one of America's leading movers of household goods point out that most of this expense will be paid by employers, either in the form of lump sum payments. to employees or as reimbursements for actual expenses incurred.

Unfortunately, say officials of North American Van Lines, Inc., many families will be in for "future shock' at income tax time in 1980 when they learn that ignorance of Internal Revenue Service regulations concerning relocation costs can make them liable for taxes that could have been avoided.

As a service to the public the company has drawn on its 45 years of experience, including more than 122,000 moves in 1978, to publish a free booklet "Moving and Tax Deductions." The booklet provides, in simple language, what a family on the move should know. However, for answers to specific tax questions, the company urges moving families to check with an attorney, accountant or an IRS representative. The following are some of the many tips provided by the booklet:

- That IRS permits a deduction for "reasonable" cost of traveling, including meals and lodging for your family, while moving from your home to your new residence when your move is necessary to start work at your new job?
- That moving expenses are considered "reasonable" only if paid or incurred for moving: a) by the shortest, most direct route; b) by conventional means of transportation actually used; and c) in the shortest period of time required to travel the distance involved?
- That certain "indirect" expenses incurred in connection with your move are deductible — such as cost of house hunting trips, temporary living expenses, and qualified residence sale, purchase or lease expenses?

- That the Internal Revenue code requires an employee, whether new or old (and all self-employed individuals) to report as "gross income" any amounts received as payment or reimbursement for moving expense?
- That if such payments are made on your behalf by your employer, he is required to report them on your W-2 form as gross income?
- That only those allowable moving expenses incurred within any period of 30 consecutive days after obtaining employment are deductible?
- That you can even deduct certain moving expenses if you move to a different geographical region in *hopes* of finding a better job?

These are just a few of the important tips on how to minimize the income tax impact on job relocation that are covered in detail in "Moving and Tax Deductions." The booklet is available free from North American Van Lines at P.O. Box 988, Fort Wayne, Indiana 46801.

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Nomination forms for the Spring Lynchburg Feeder Sales have been mailed to those who marketed cattle in this manner in 1978. If you are interested, call our office or stop by our office.

There will be a lot of effort to purchase cattle directly from the farm - prices will be attractive. Over the years, your feeder sales have established prices. Only you can insure that this continues.

Nominations must be in by March 8.

* * *

A Swine Artificial Insemination Short Course will be held March 26-27 at the Tidewater Research Station (Holland, Virginia). Registration is $55 and limited to 24 persons.

We have registration forms if you are interested.

* * *

Some seeds available on the market carry the label - MPR. This coding means Multiple Pest Resistant. While this is good, it may not go far enough. Two varieties may carry the MPR label, but one may carry resistance to more pests or pest that are problems to this area.

Read the complete label to see what pests are included.

* * *

At last week's DHI herd book clinic, Dean Robinson stated that Appomattox County milk producers lead the state in increased production.

Needless to say -- we still have a ways to go to catch the state average.

As recently as 1974, the production of all milk cows in Virginia was 9,743 pounds; in 1978, this figure grew to 11,058 pounds.

* * *

Don't forget the Tobacco Farm Equipment Services Exposition March 14-15, 10:00 a.m. to 9:00 p.m., at the Virginia-Carolina Warehouse, Clarksville, Virginia.

While much of the show will be directed towards flue-cured production, there will be items of interest for all tobacco producers.

The Southern Piedmont Forage Conference March 15, 9:00 a.m. until 3:00 p.m. at Southern Piedmont Research Station will be of interest to all forage producers. This annual event has become popular with owners of livestock who depend on forage as a means of reducing feed costs.

* * *

A good attendance of Dark-Fire Cured producers was apparent Monday evening for the area tobacco program.

Growers were recognized in the following categories: 1 to 5 Acres - B. J. Lucado and Sons, 1957 pounds and a return per acre of $2403.

In the category of 5 to 10 acres, J. A. and Beverly Martin had a 2,078 pound yield with a return of $3612 per acre.

* * *

The Red House Junior Bull and Heifer Sale occurred on a very wet day that reduced crowd size. W. D. Walton, Spout Spring, purchased a Charolais bull.

Prices were as follows: Bulls - 17 Angus $1253, 3 Simmental $1016, 1 Charolais $1150, 15 Polled Hereford $1018. The 36 bulls averaged $1133.

Heifers: 10 Polled Hereford $810, 4 Charolais $646, 19 Angus $777. The 33 heifers averaged $771.

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Please give generously to the American Heart Association

Pamplin Ruritans Select Womack Most Outstanding Member

T. Ryland Womack was presented the Pamplin Ruritan outstanding award plaque Tuesday night. In presenting the plaque to Womack, Club President Frank Sweet, noted his unmatched efforts in the work in the Ruritan Club and the Pamplin Community Center. "Without Ryland's leadership, we couldn't have held any softball tournaments last year," Sweet added.

Also, 14 members were presented perfect attendance pins. Three-year-pins went to Horace Coleman, Edward Harvey, Wilson Harvey and Robert McClenny, Sr. Two-year-pins went to Ralph Inge, Roy Lacado, Bobby McClenny, Frank Ramsey, Jimmy Rosser, Frank Sweet, Jim Williams and Ryland Womack. One-year-pins were given to Lloyd Richardson and Bob Miner.

Cecil Ligon, a former charter member, rejoined the club. Other new members recently joing the club are Walker Covington, William Hix and Auldon Roach.

Public Services Committee Chairman, Horace Coleman, reported on the proposed budget for the Pamplin Community Center. Estimated receipts for the year are $18,971.00 with $16,981.00 anticipated expenses which include paying $5,842.00 on the loan. "We anticipate a good year at the Community Center," Coleman said.

The club will continue to sponsor the Pamplin Little League baseball team, bring Santa to Pamplin and support the Appomattox County Rescue Squad and the Pamplin Fire Department. Also, will sponsor a 4-H wildlife feed patch contest, a spring clean-up campaign, a beautification project at the Community Center and an anti-litter sign at the Community Center ball park.

Otha Martin, Jr., a member of the Appomattox County Board of Supervisors, gave a most informative talk on the county's budget and tax structure.

FOR SALE: Rubber Stamps and Stamp Pads at the Times Virginian, Phone 352-8215 for fast service.

Eating Well

by Mrs. Barbara L. Morlang, R.D., Ph.D., State Nutrition Consultant
Va. Dept. of Health

Is Beer Really Nutritious?

How many times have you heard someone say that beer was nutritious? Don't believe them. Beer does contain small amounts of vitamins and minerals (specifically sodium, potassium, calcium and trace amounts of niacin and vitamin B However, the amounts are so small that a person would have to drink 80 glasses of beer in order to meet the minimum daily requirements for calcium.

Beer contains ethyl alcohol, and ethyl alcohol is a drug. When alcohol is taken into the body it does not need to be digested. Within two minutes some of the alcohol is absorbed into the blood stream without change. It is then carried to all parts of the body. When alcohol reaches the brain, it acts as a depressant, and interferes with both mental and physical performance, and may even produce a loss of memory. The slowing down of a person's mental processes often leads to accidents. It is estimated that more than half of all traffic accidents involve motorists or pedestrians that have had too much to drink.

It is important to remember that any amount of alcohol will destroy liver cells. One of the most serious diseases that may develop from prolonged heavy drinking and an improper diet is cirrhosis of the liver, a common cause of a miserable death among alcoholics. Other parts of the body that may be affected by excessive drinking include the stomach, kidneys and nervous system.

Many individuals who drink do not eat properly, and this can lead to deficiencies of vitamins and minerals.

Drinking black coffee will not help a person become sober.

Keep in mind that only one-tenth of the alcohol that a person consumes is eliminated from the body through the kidneys and lungs. The rest is destroyed by the body. The rate of destruction is approximately the same for all people. Nothing can be done to speed the rate at which alcohol leaves the body. No amount of black coffee will do aways with intoxicaiton; it will merely keep the intoxicated person awake. The symptoms decrease only when the concentration of alcohol in the blood becomes lower.

Vepco To Convert 3 Generating Units For Oil to Coal

Virginia Electric and Power Company announced plans to convert three generating units from oil back to coal, a move expected to save customers almost $7 million a year. Future plans for the conversion of two other generating units from oil back to coal were also announced.

Plans call for initial expenditures of $1.4 million to permit conversion of units 2 and 4 at the Chesterfield power station in Chesterfield, Va., and unit 4 at Portsmouth power station in Portsmouth, Va., to burn coal.

Vepco President Stanley Ragone said, "These conversions demonstrate our continuing effort to lower generation costs for our customers. Conversions of the first three units to burn less expensive coal will save in excess of 2 million barrels of oil per year.

"We hope that both state and federal agencies will recognize the necessity for expedience in these conversions," Ragone said. "Our nation's dependence on foreign oil for transportation and industry accentuates the need for conservation and elimination of the use of petroleum everywhere it is feasible.

"We have been studying conversion of our oil generating units since 1974," Ragone added, "which was exemplified when units 5 and 6 at Chesterfield were converted as soon as suitable coal was available, in late 1975."

Precipitators must be added to two of the three units at an estimated cost of about $17 million. These pollution control devices cleanse particulate matter from smokestack emissions. Another precipitator costing over $10 million for Chesterfield unit 5 is currently under construction.

Vepco has requested temporary variances in state air pollution control standards while the first three conversions are made, and anticipates the changeover to begin by early fall.

Public Auction of Government Surplus

A public auction of surplus Government property will be sold on Thursday, March 8, 1979 at the Defense Property Disposal Office Warehouse No.3, Defense General Supply Center, Jefferson Davis Highway, Richmond, Va.

Registration will start at 7:45 A.M ., followed by the sale at 9:00 a.m.

Some of the property being offered for sale to the general public includes two-way radios, radio sets, office furniture and household furniture, patio furniture, dining and kitchen furniture, kitchen equipment, food containers, bookcases, library books, electric lighting equipment for airport runway, communion sets, electric and manual typewriters, calculators, duplicating machines, copying machines, scales, cash registers, field desks, safes, steam bath cabinets, vehicles, Gulbransen piano, champagne fountains, baby furniture, overcoats, and many other items of interest to the public.

The public may inspect the items beginning March 1 1979 between the hours of 8 a.m. and 3 p.m. excluding weekends.

Bidders must be present to participate in the sale. No mail, telephonic or hand carried bids will be accepted.

Appreciation Expressed By Blind Athletes

Appomattox, Virginia
March 1, 1979

Dear Friends:

Jeff Bryant and I would like to express our appreciation for those who made it possible for us to attend the Olympic games in Seattle, Washington, on March 17-24, 1979.

It is impossible to thank each one who helped personally; however, we would like to recognize the Lions Club, since this organization has always been most helpful in sending us to the Olympic games not only this year, but in previous times.

Not only did the civic organizations contribute generously, but also Appomattox County High School had a great part in fund raising activities. One of the activities of the Latin Club was a dance held after a basketball game. Special thanks go to Mr. John McLean, Assistant Principal; Judy Zimmerman, president of the Latin Club; Melinda Davis, reporter of the Latin Club.

Sincerely,
Ricky Mitchell

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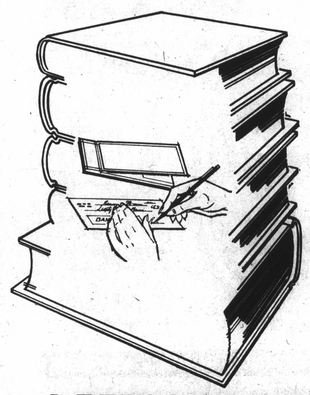

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